

# Protect your baby and yourself from lead poisoning

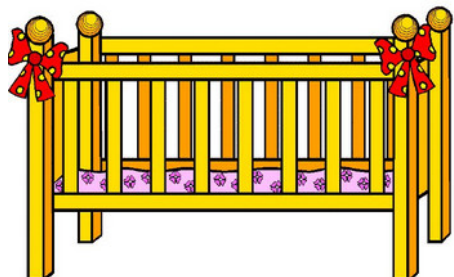


## Lead is most harmful to pregnant women and young children.

Lead is a poison. If it gets into your body, it could harm you or your unborn baby. Lead can harm a child's nervous system and may cause learning and behavior problems. While you are pregnant, you and other members of your household should stay away from any activity that uses lead or creates lead dust and fumes.

## If you are fixing up a room for the baby, don't do the renovation work yourself.

Most homes built before 1978 have some lead-based paint. Lead dust forms when lead-based paint is dry scraped and dry sanded. Dangerous fumes are created when lead-based paint is heated. Renovate safely by hiring a lead safe renovator or licensed lead abatement contractor. Children and pregnant women should never be at home during any of the work and should not return until the home is properly cleaned.



## Limit the amount of dust in your home.

To reduce the dust in your home, use water when you clean. Clean floors, window wells, window sills and other surfaces weekly. Use a mop, sponge or paper towel with warm water and a general all-purpose cleaner. Wash your hands when you are done.











## Lead is used in many hobbies and crafts.

Solder, paints, ceramic glazes, inks, fishing weights and ammunition contain lead. Old cribs, cradles and toys may have lead paint. For the health and safety of you and your child avoid all hobbies that use lead.

## Do you work with lead?

Lead is found in solder, paint for steel, batteries, colors of ink, and ammunition. Some types of work that involve using lead or disturbing lead paint are: home improvement, painting, car repair, plumbing, smelting, construction, welding, electronics, printing and handling scrap metal. You or anyone you live with who works with lead on the job should shower and change into fresh clothes and shoes before coming home. Wash work clothes separately.

## Helpful Hints for the Pregnant Woman

-  Wash your hands thoroughly before touching food.
-  Eat a variety of healthy foods especially those high in Calcium, Iron and Vitamin C.
-  Damp mop and damp dust instead of sweeping and dry dusting.
-  Check with your employer to be sure you are not exposed to lead at work.
-  Have the hired contractor clean up after renovations.
-  Avoid drinking out of ceramic cups, mugs or leaded crystal.
-  Avoid using traditional folk remedies and traditional make-up (like kohl).
-  Avoid being in a home when renovations are happening.
-  Avoid stripping paint from antique furniture (cribs and rocking chairs).
-  Avoid hobbies using lead.

If you think you have been exposed to lead or for more information call the NH Childhood Lead Poisoning Prevention Program or visit [www.dhhs.nh.gov/dhhs/clppp](http://www.dhhs.nh.gov/dhhs/clppp).



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